

Pan Seared Salmon with Braised Soybeans, Shiitake Mushrooms, and Orange-Soy Glaze



Yield: 8–10 portions

Ingredients:

- 8 salmon fillets
- 12 oranges, juice variety
- 1 tbsp., Tamari soy sauce
- 1 tsp., sesame oil
- grape seed oil as needed
- salt, pepper as needed
- 1 tbsp., garlic, minced
- 2 scallions, sliced thin
- 2 oz., peeled soybeans, blanched
- 12 shiitake mushrooms
- 1 c., Japanese rice

Method:

1. Juice all the oranges and reduce in half and then thicken with slurry (arrowroot). The sauce should be a light nappé and have a sweet flavor. Reserve sauce for service.
2. Portion salmon and season
3. On pick-up sauté salmon and keep moist. Reserve fish.
4. For plate garnish sauté shiitake in grapeseed oil, season with salt and pepper. Add garlic and scallion and cook till aroma comes out. Add the blanched soybeans.
5. Finish the garnish by adding the reduced orange juice and soy sauce and sesame oil to taste.
6. For plate presentation:
Spoon a bedding of beans, shiitake, and sauce on the bottom of the plate. The salmon goes on top of the beans. The rice is going to be shaped round and placed across from the fish. Chef will demo the plate.